

THE PULSE

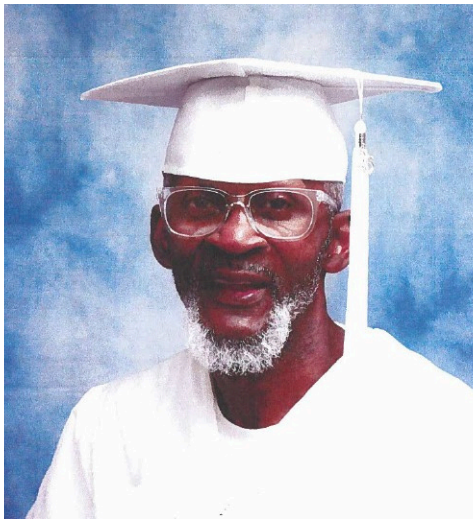
En**RICH**ing lives and keeping a pulse on healthcare integration at RBHA



SEPTEMBER IS RECOVERY AWARENESS MONTH

National Recovery Month began in 1989 as “Treatment Works! Month” to honor the work of substance use treatment professionals. In 2011 the name was changed, and it now serves to reinforce the positive messages that prevention works, treatment is effective, behavioral health is vital to overall health, and people can and do recover. **According to the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2024, over 48 million people aged 12 years and older had a substance use disorder.** Also in 2024, over 28 million people had a drug use disorder and over 29 million had an alcohol use disorder. Approximately half of those living with severe mental health illnesses also experience substance use disorders. **Unfortunately, only one in five people who need treatment for substance use disorders actually receive it.** Over the past few decades, the National Recovery Month has inspired millions of people to raise awareness and help reduce stigma about mental and/or substance use disorders. **It’s important for communities to make prevention, treatment, and recovery support services available and accessible to anyone in need of them.** There are a multitude of different pathways to recovery including peer support, treatment based, and faith-based recovery. There are millions of Americans whose lives have been transformed through recovery. This year’s theme for the month is Recovery is REAL (Restoring Every Aspect of Life). **This Recovery Month it is important to promote the message that recovery is possible!**

For more information visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://www.samhsa.gov/recovery-month/toolkit>.



CLIENT CORNER

“Don’t let people discourage you.”

William grew up in the Church Hill Creighton Court area. His favorite quote is “Thank God for waking me up and letting me see another day.” For fun he likes writing scriptures and watching TV shows. His heroes are his mom, his late oldest brother, and his peer support group. **When asked what brought him to RBHA, William said, “No insurance and needing treatment. I did not want to use substances anymore.”** He receives services from Peer Support, Case Management, and OBAT. His favorite program is the peer support group. When asked what motivates him on his road to recovery, William said his peer support group, family and fiancé. When asked about his first experience with the RICH Recovery Clinic, William said **“I am treated with respect by staff. The staff keep it real with you and show support. They are authentic.”** When asked about what the best part of the RICH Recovery Clinic is, William said, “All staff are helpful and the peer group is good.” William said that adding more peer groups is how he would improve the RICH Recovery Clinic. **When asked what his biggest accomplishment is, William said, “I have obtained my High School Diploma and became a member of a church.”** When asked what he is the proudest of on his recovery journey, William said, “Remaining sober and clean and being around positive people.” His short-term goal is to take PRS training in October. His long-term goal is to get enrolled in community college. When asked what he would tell other people interested in coming to RBHA, William said, **“Whatever your pathway of recovery is (NA, AA, or MAT) don’t let people discourage you! Stay away from people, places, and things from your past.”**

If you know a RICH Recovery Clinic client interested in being highlighted in the next issue of The Pulse, please contact Brittany Forrest (brittany.forrest@rbha.org) today!



Drop-In Computer Lab

Struggling to find access to computers? Look no further. The RICH Recovery Clinic Peer Services has a Drop-In Computer Lab to help! During computer lab hours feel free to work on basic computer skills, search for job applications, fill out forms online, update contact info online, write resumes, check emails, and much, much more! Building digital skills can help open new doors in your recovery journey!

**OPEN: TUESDAY, THURSDAY, AND
FRIDAY: 11:00 AM - 1:00 PM &
WEDNESDAY: 1:00 PM - 3:00 PM**



Questions? Call the RICH Recovery Clinic at 804-819-4016

Recovery Month Fun!

Recovery month is a time to focus on celebrating the achievements of those in recovery; as well as, reducing stigma surrounding substance use and mental health disorders. Please join Adult SUD in their Recovery Month Fun! **Come learn important recovery information, play games, and enjoy special prize giveaways!!!**



Every Wednesday in the month of September from 1:00 pm - 4:00 pm in the lobby of the 107 S. 5th Street Building.

- *September 2nd - Acuwellness (Acudetox) with Rosalyn Thompson*
- *September 9th - Health Brigade Harm Reduction with Dziko*
- *September 16th - Rich Clinic/OBAT with Peggy Page*
- *September 23rd - Revive with Eriqc Lumzy*
- *September 30th - WSUDS/Hope Program with Shannon Rivera*

SEPTEMBER CLIENT RESOURCES

- **AliveRVA Warmline**

- AliveRVA is a Peer Recovery and Resource warmline, staffed by trained individuals with lived experience in addiction, recovery and behavioral health.
- 1-833-4PEERVA (473-3782)
- 7 days/week from 8:00 am - 12:00 midnight
- www.aliverva.org

- **Feed More Help Line**

- (804) 237-8617
- Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>

- **988 Suicide and Crisis Lifeline**

- The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- English and Spanish available
- Just dial, text or chat 988!

- **Dignity on the Go: Mobile Showers**

- Every Wednesday from 10:00 am - 1:00 pm
- The Saint Paul's Baptist Church (Belt Campus) 700 East Belt Blvd Richmond
- Additional support from weekly community partners includes free haircuts, ID services, housing assistance, workforce support, veterans support, finance counseling, and mental health services.
- For more information email Outreach@myspbc.org.

- **Play Connections**

- September 14th from 10:00 am - 11:15 am at the Main Library (101 East Franklin Street Richmond)
- Join Richmond City Early Interventions for an enriching playgroup experience tailored for families with children ages birth-5 years old.
- Discover a welcoming environment where little ones can explore, learn, and make new friends along with their parents.
- With activities designed to stimulate young minds and foster social interaction, it's an all-inclusive opportunity for families to connect and grow together.

- **Recovery Fest RVA 2026**

- September 19th from 12:00 pm to 4:00 pm at McShin Foundation (2300 Dumbarton Road, Richmond)
- The 22nd Annual Recovery Fest is hosted by the McShin Foundation.
- This is a free, family-friendly community event with live music, food and beverages, activities, and community speakers.